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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-19)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
(950150)-Naval Academy Midshipman Takes an Unusual Spring Break
(950151)-TRICARE Contract Awarded
(950152)-TRICARE Dental Contract Award Delayed; Premiums Cut
(950153)-GRAND ROUNDS ABSTRACTS
(950154)-President Proclaims Older Americans Month (para 3)
(950155)-Clean Air Month -- May 1995 (para 3)

HEADLINE: Naval Academy Midshipman Takes an Unusual Spring Break
USNA Annapolis, MD (NSMN) -- Spring Break. A time for many college students to relax and enjoy themselves after a long winter of grueling study, reports and tests.

Midshipman 1st Class Alex Leon Aubin of the U.S. Naval Academy was one of many who headed for the beach during the Academy's mid-March break in classes. But the beach he hit was not a typical student haunt, although it was a mecca of sorts.

Aubin took his break at Naval Station Guantanamo Bay, Cuba, where he worked with military medical personnel and Haitian migrants as a Creole French interpreter.

Aubin spent two days at U.S. Naval Hospital Guantanamo Bay and three days in the field. He worked as an interpreter for two Air Force physicians at three different Haitian camps. "Everyone was surprised to see a caucasian man speak Creole with a Haitian accent," he said, adding, "the Haitian migrants accepted me well."

During his TAD, Aubin lived in the military personnel's camp. "I enjoyed my stay at Camp Phillips," he said of his quarters. "The dusty environment, sleeping on a cot, and living in a city of tents made me feel like I was truly part of Operation Sea Signal. I felt deployed. This one-week assignment was a peek into a very possible future for me."

It is a future that Aubin is eagerly anticipating. "I have found that I need a balance between field and hospital assignments to thoroughly enjoy medicine. The diversity of assignments in Navy medicine will satisfy this need well," he said.

Aubin also looks forward to more experiences working with the other services. "The week in GTMO provided an opportunity to work with the Air Force and the Army," he said. "Navy, Air Force, and Army personnel worked together well at the 6ATH (the Air Force's 6th Air Transportable Hospital) and JTF (Joint Task Force)."

While Aubin enjoyed his week deployed, he was not blind to the problems of longer deployments and the emotional toll some humanitarian missions can have on health care providers. "They work in the camps and interact daily with the migrants for several months," said Aubin. "The doctors get to know a handful of migrants well. They hear stories of wives and children drowning, being eaten by sharks, or being killed by political enemies in Cuba and Haiti. A few migrants have told their doctors that political enemies will kill them when they return home to Haiti or Cuba. ... Also, doctors play a role in deciding whether certain migrants can stay in GTMO for medical reasons. The migrants know this. These emotional burdens wear doctors down over long deployments."

With the emotional drain, compounded by U.S. families being returned to the states, Aubin cites MWR (Morale, Welfare and Recreation) as "doing an outstanding job at Camp Phillips. They are helping many shipmates maintain their sanity in GTMO. A weight room, movies, snorkeling gear, scuba classes, video and board games, and books all help keep spirits high."

Aubin didn't have a typical Spring Break experience, but he had a good one. "The TAD in GTMO was positive in every aspect," he said. "I am grateful to everyone at BUMED, the Naval Academy and NAVHOSP GTMO who helped make this trip possible. I am enthusiastically looking forward to a career in Navy medicine."

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HEADLINE: TRICARE Contract Awarded

TRICARE Southwest, San Antonio (NSMN) -- On 28 April, Foundation Health Federal Services Inc. of Rancho Cordova, CA, was awarded the contract for the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) health care delivery and managed care support services for over 1 million beneficiaries in Oklahoma, Arkansas and most of Texas and Louisiana. The contract is scheduled to begin 1 November 1995.

The \$1.8 billion, five-year contract includes a six-month start-up period. Under this managed-care support contract, called TRICARE, military families have more health care choices and can save money while reducing their paperwork.

"Identifying strengths and weaknesses of the current health services will enable each military treatment facility command and Foundation Health to build a more balanced health care system, a system which provides our beneficiaries high quality, accessible health care at reasonable cost," said Brig Gen Paul K. Carlton

Jr., USAF, lead agent for TRICARE Region 6 and commander, Wilford Hall Medical Center.

Patients may save money and reduce their paperwork by participating in either of two special programs. A third option replaces standard CHAMPUS. The three TRICARE options are TRICARE Prime, TRICARE Extra and TRICARE Standard.

TRICARE Prime is the military's health maintenance organization (HMO) option. All active duty are enrolled to Prime and receive their health care at no cost. An active duty member's family who chooses TRICARE Prime will be assigned to a military or civilian Primary Care Manager (PCM) or team of providers who will manage each patient's total health care.

Active duty families have no annual enrollment fees but pay low flat fees for different health care services if they are enrolled to a civilian PCM. Retirees and their families who enroll in TRICARE Prime also pay flat fees for civilian care, as well as a low annual enrollment fee.

TRICARE Extra offers the patient a Preferred Provider Option (PPO) which combines a 5 percent reduction in cost shares with no paperwork if the patient uses the provider network. If the patient chooses to go outside the existing network, he or she is using TRICARE Standard.

Under TRICARE Standard, the patient may see any provider but must pay a deductible and cost shares, as well as file the medical claims.

Those patients eligible for Medicare will have access to the provider network, all of whom must accept Medicare assignment as a contract requirement.

"TRICARE is tailored to meet the varying health care needs of a diverse military population. The program will allow the military health care system to respond to active duty wartime requirements, and enhance the satisfaction of all patients using the system," said Col Stephen K. Lecholop, USAF, director, Region 6 Managed Care Operations.

EDITORS NOTE: Point of contact for this article is CDR Kenneth Senn, TRICARE Region 6, (210) 678-3247, DSN 554-3247. In March, Naval Service Medical News published a special issue on TRICARE. If you need a copy, contact the editor (see the last paragraph of this message on ways to do so).

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HEADLINE: TRICARE Dental Contract Award Delayed; Premiums Cut

OCHAMPUS Aurora, CO (NSMN) -- The transition to a new contractor for the Defense Department's TRICARE Active Duty Family Member Dental Plan has been delayed, pending resolution of a protest by an unsuccessful bidder.

After competitive bidding, the contract to operate the program was awarded to United Concordia Companies Inc. (UCC) of Camp Hill, PA, on 6 February. However, the current contractor, Delta Dental Plan (DDP), filed a protest of the award to UCC with the U.S. General Accounting Office. The GAO is expected to rule on the merits of the protest by late June.

Meanwhile, the new contractor's planned starting date of 1 August 1995 will be delayed. So that there will be no break in

service, DDP will continue to operate the TRICARE Active Duty Family Member Dental Plan for an additional six months, through the end of January 1996.

Effective 1 July 1995, beginning with the June payroll deduction, active duty service members will see the monthly premiums for the dental plan reduced from \$10 to \$6.77 for one enrolled family member and from \$20 to \$16.92 for two or more enrolled family members. This represents a 32 percent reduction in the single rate and a 15 percent reduction in the family rate.

Families who are signed up for the plan by their military sponsors on or after 1 June 1995 will be enrolled at the lower premium.

The TRICARE Active Duty Family Member Dental Plan is a voluntary program which covers the full cost of diagnostic services (exams, cleaning, X-rays) and 80 percent of basic restorative procedures (such as fillings) and sealants. It pays 60 percent of the costs of more complex services, such as endodontics (root canals), periodontics (gum surgery) and oral surgery (extractions, etc.). The plan pays 50 percent of the costs of prosthodontics (crowns, dentures and bridges) and orthodontics (braces for family members through age 18). There's a \$1,000-per-contract-year (1 August - 31 July) maximum per-patient benefit on all services except orthodontia, which has a lifetime maximum benefit of \$1,200 per patient.

Families who go to one of the 108,000-plus dental offices nationwide that participate in the TRICARE Active Duty Family Member Dental Plan won't be charged more than the required co-payment (if any) for services covered by the plan. Those dentists will be paid directly by the dental plan contractor. Family members may also be treated by any licensed dentist of their choice -- but they may be charged more for the care and may have to file the claims with the contractor themselves.

Dental services under the plan are offered in the United States, Puerto Rico, Guam and the U.S. Virgin Islands.

A recent policy change allows active duty service members to enroll their families in -- or keep their families enrolled in -- the dental plan, regardless of where they are stationed. This allows families to be enrolled even if their sponsors are stationed overseas. Family members who are located outside the areas where the plan is in operation may now receive care under the dental plan whenever they return to one of the areas where the plan is offered.

Active duty family members may also receive "space-available" dental care at overseas military dental treatment facilities, whether or not they are enrolled in the TRICARE Active Duty Family Member Dental Plan.

In another change to past policy, a family's eligibility for other dental coverage is no longer considered a valid reason for disenrollment from the Active Duty Family Member Dental Plan before the enrollees have completed the minimum 24-month enrollment period. This change was effective in April 1993.

For more information about the Active Duty Family Member Dental Plan, see your health benefits advisor at the nearest military medical treatment facility. Or, call the current

contractor, DDP, at (916) 381-9368 (west of the Mississippi); (810) 489-2240 (east of the Mississippi).

EDITORS NOTE: An earlier CHAMPUS Release (95-5/P5, dated 7 February), headlined "New Contractor Will Operate Active Duty Family Member Dental Plan," incorrectly stated that persons who become eligible for other dental coverage may disenroll from the Active Duty Family Member Dental Plan before the end of the minimum two-year enrollment period, for that reason.

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HEADLINE: GRAND ROUNDS ABSTRACTS

BUMED Washington (NSMN) -- In a change of office ceremony 5 May 1995, RADM William H. Snell, DC, became the 31st chief of the Navy Dental Corps. RADM Ronald P. Morse, DC, the 30th chief, retired after 36 years of naval service.

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CNO Washington (NSMN) -- In a recent NAVADMIN (95/95, dtg 041325Z May) the Navy announced the results of its Astronaut Selection Board. Several Medical Corps and Medical Service Corps officers are among those whose names will be forwarded to NASA for consideration for selection into its Space Shuttle Astronaut Program. Final selections will be made early next year. Congratulations and good luck to flight surgeons CDR David Brown, MC; LCDR Laurel Clark, MC; CDR Lee Morin, MC; internist LCDR J.T. Bundy, MC; physical therapist LT Lanny Boswell, MSC; and aerospace physiologist LCDR Thomas Pokorski, MSC.

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NAVY TIMES Washington (NSMN) -- In an article 3 April, Navy Times reported the results of the Navy's 6 February selection board, which selected 269 officers for designation in the acquisition professional subspecialty. These officers, said the article, specialize in purchasing and will negotiate contracts for equipment including weapons systems, aircraft and cruise missiles. And hospital equipment. One of the selected officers was CDR Michael G. Lilienthal, MSC, who is currently stationed at Naval Medical Research and Development Command, Bethesda, MD.

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NMLC Fort Detrick, MD (NSMN) -- In a 2 May ceremony, the Naval Medical Logistics Command was honored by the PTA, Monocacy Elementary School, and the Frederick County Board of Education for the more than 120 hours of coaching provided students by the command's Partnership for Excellence team of 17 officers and enlisted personnel.

The Board of Education presented the command and coaches with certificates recognizing their contribution to the community's youth.

One of the coaches, NMLC's executive officer, CDR Fred White, MSC, said his team "can be proud of their efforts as they have made a difference in our future. My team members coach from one hour to two hours per week in reading and math, and the children are just as anxious and willing to learn each and every

time as we are. We look forward to our weekly coaching, and we are happy to be able to make a difference in a student."

The Naval Medical Logistics Command solidified their partnership with the school during the ceremony, presenting it with a command plaque, a national ensign and a \$100 check from the wardroom.

The command's program, part of the Navy's Partnership for Excellence Program, began in March 1995 and is the only military/civilian school program active in Frederick County, MD. Story by DTCM(SW) Paul J. Dziadon

EDITORS NOTE: Photographs are available from Dziadon, the command master chief. Contact him at (301) 619-7167 or DSN 343-7167.

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NNS Colorado Springs, CO (NSMN) -- Navy wrestlers took three gold, three silver and five bronze medals at the recent Armed Forces Wrestling Championships at the Olympic Training Center here. Army wrestlers won the overall titles in both the freestyle and Greco-Roman competitions.

One of the Navy wrestlers was Hospitalman Matthew Lamb, stationed at Naval Hospital Newport, RI. He was the 286-pound Greco-Roman champion and won a silver medal in the freestyle competition.

As a winner in his weight class, Lamb qualified for the World Military Council of International Military Sports Games which are scheduled to begin 4 September in Rome.

Story condensed from an article in Navy News Service 21/95

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NMC San Diego (NSMN) -- LT Mary Baker, MSC, a staff optometrist at Naval Medical Center San Diego, has been named the Armed Forces Junior Officer Optometrist of the Year by the Armed Forces Optometric Society, it was announced in Atlanta recently.

"I couldn't believe it," she said. "I never imagined I'd receive an award of this magnitude. It means a lot to me not just because it's such an honor but because this is not an award I could have received without the support of my department."

Nevertheless, it was Baker who so clearly met the requirements of the Junior Officer Optometrist of the Year criteria: contributions to the military and the community.

Baker requests frequent temporary additional duties to be with the front line Navy.

"I think one thing I did differently was that I became the first female optometrist surface warfare medical officer on USS Kitty Hawk (CV 63)," she said.

"Being on the ship really makes me appreciate the Navy a lot more and the sacrifices Sailors make when they're out at sea. It's much different than working in a hospital."

Baker was also recognized for her participation as a volunteer with Optometric Service to Humanity, a civilian non-profit organization that provides optometric service to indigent people in foreign countries.

"I mostly traveled to Mexico, although once I went as far as

Saint Lucia in the West Indies," Baker said. "It's very satisfying to be able to help people all over the world.

"You don't do these things for recognition," she said. "You do them because you care."

Story condensed from an article by H. Sam Samuelson that appeared in The Compass, 24 March 1995

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3. Events, observances and anniversaries, 12-24 May:

12 May: Military Spouse Day
12 May 1820: Florence Nightingale born
13 May 1908: Navy Nurse Corps Birthday
14 May: Mother's Day
14-20 May: Armed Forces Week -- "Forces for Freedom"
14-20 May: National Emergency Medical Services Week
(202/728-0610)
14-20 May: National Medical Transcriptionist Week (209/551-0883)
14-20 May: National Nursing Home Week (202/842-4444)
14-20 May: National Osteoporosis Prevention Week (202/223-2226)
15 May: Reserve O-5/O-6 Staff Selection Board Convenes
17 May: National Employee Health and Fitness Day (312/237-5630)
20 May: Armed Forces Day -- "Forces for Freedom"
20-26 May: National Safe Boating Week -- "It Won't Work If You Don't Wear It. Life Preservers Save Lives"
21-27 May: National Surgical Technologists Week (303/694-9130)
22-28 May: National Park Week
23 May 1785: Bi-focal glasses announced
23 May: Morning (0600-0800) and Night (until 2200) Detailing (Washington, DC, time)

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HEADLINE: President Proclaims Older Americans Month

THE WHITE HOUSE, Washington (NSMN) -- President William J. Clinton signed the following presidential proclamation, designating May as Older Americans Month:

Throughout its history, our Nation has benefited immeasurably from the myriad contributions of its older Americans. Our democracy owes its success in great part to the millions of senior citizens who through their work, their volunteer efforts, and their devotion to their families and communities have helped build the foundation of this country.

Each year, America reserves the month of May to pay tribute to the contributions and sacrifices of older Americans and to reaffirm our commitment to preserving and enhancing their quality of life. When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty, and there were few programs to meet their needs. But Americans were beginning to take a greater interest in their seniors, encouraged by President John F. Kennedy's strong leadership. Today, there are

close to 34 million older Americans, and we are better addressing their needs with programs and laws -- from Social Security to the Older Americans Act.

The theme for Older Americans Month this year, "Aging: Generations of Experience," recognizes the tremendous experiences and legacy of past generations that we enjoy today. And this year we proudly mark the 30th anniversary of the Older Americans Act. Through the Act's programs, administered by the Administration on Aging, millions of older Americans receive critical home and community-based care services that enable them to continue to live independently within their homes and among their loved ones and friends.

During this Older Americans Month, several thousand delegates from all across America will gather in Washington, D.C., for the historic White House Conference on Aging. And, during this month, we pay tribute to our country's older Americans and to the family members and volunteers who provide care for them. In addition, as we recognize the 50th anniversary of the end of World War II, we pause to give special recognition to our senior citizens who so valiantly fought for our freedoms.

NOW, THEREFORE, I, WILLIAM J. CLINTON, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim May 1995, as "Older Americans Month." I call upon individual Americans, representatives of government at all levels, businesses and communities, volunteers and educational institutions to appropriately acknowledge the contributions of all older Americans not only this month but also throughout the year.

IN WITNESS WHEREOF, I have hereunto set my hand this third day of May, in the year of our Lord nineteen hundred and ninety-five, and of the Independence of the United States of America the two hundred and nineteenth.

Signed WILLIAM J. CLINTON

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HEADLINE: Clean Air Month -- May 1995

CDC Atlanta (NSMN) -- The American Lung Association (ALA) sponsors National Clean Air Month each May to educate the public about the relation between clean air and respiratory health. This year's theme is "Helping Kids Breathe Easier."

Air pollution is an important contributor to lung disease, the third leading cause of death in the United States. ALA is committed to decreasing lung disease in children by emphasizing the importance of reducing air pollution. ALA recommends that persons drive less, support state and local clean air regulations, make their homes and workplaces smoke-free and test them for harmful pollutants (e.g., radon and carbon monoxide).

Efforts planned by local lung associations throughout the country for Clean Air Month include Clean Commute Days and Clean Air Challenge cycling and walking fundraising events.

Additional information about Clean Air Month and related activities is available from local ALA offices (1-800-586-4872) or from the national office (1740 Broadway, New York, NY 10019-

4374; (212) 315-8700).

Story from Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report, Vol. 44, No. 16 of 28 April 1995

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4. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled Meetings:

-- 17-20 May, 26th Annual National Conference, "Surgical Technology: The Spirit of Excellence," Association of Surgical Technologists, Dallas, (303) 694-9130 or 1-800-637-7433.

-- 18 May, Women's Reproductive Health, Challenges Facing Women in the '90s, Hotel Macklowe, New York City, AMA, (312) 464-5374.

-- 18-21 May, 39th Annual Meeting of the American Academy of Clinical Psychoanalysis, "The Life Cycle in Psychoanalysis and Psychodynamic Psychiatry," Doral Ocean Beach Hotel, Miami Beach, FL, (212) 475-7980.

-- 20-25 May, 148th Annual Meeting of the American Psychiatric Association, "Encompassing Diversity: Demanding Equity," Miami Beach Convention Center, (202) 682-6100.

-- 25-27 May, 11th Annual Current Issues in Anatomic Pathology, University of California School of Medicine, (415) 476-4251.

-- 27-31 May, 30th Annual Meeting of the U.S. Public Health Service Professional Association, "Healthy People 2000: Yesterday's Lessons; Tomorrow's Challenges," Peabody Hotel, Orlando, FL; (703) 243-1301.

-- 28 May - 3 June, American Academy of Physician Assistants Veterans Caucus, Hilton Convention Center, Las Vegas, NV, (903) 756-5581.

-- 5-8 June, HHS International Congress on Hazardous Waste: Impact on Human and Ecological Health, Atlanta. For information, contact Dr. John S. Andrews Jr., Associate Administrator for Science, Agency for Toxic Substances and Disease Registry, 1600 Clifton Rd. NE (E-28), Atlanta, GA 30333; (404) 639-0708, email JSAI@ATSOAA1.EM.CDC.GOV .

-- 7-10 June, 28th Educational Conference and Annual Meeting, American Society for Healthcare Food Service Administration, New Orleans Hotel Riverside (504/561-0500). For information, call P. Burton, (312) 422-3000, ext. 3872.

-- 12-23 June, Operational and Preventive Medicine Course (OPMC), Navy Environmental and Preventive Medicine Unit No. 5 (NEPMU-5), San Diego. For information on course content and submission of nominations, contact NEPMU-5's training officers, Mr. Jean L'Italien or HM1 Richard Arrington at (619) 556-7086, DSN 526-7086. Fax number for nominations is (619) 556-7071, DSN 526-7071.

-- 13-17 June, 15th National Veterans Wheelchair Games, Marriott Marquis, Atlanta. Persons interested in assisting with the games should contact local volunteer coordinator Lynn Cheek

at (404) 728-7728.

-- 14-17 June, 6th Annual Conference, Health Care Executive Assistants, Boston Copley Plaza. For information, call K. Svedman, (312) 422-3000, ext. 3861.

-- 19-22 June, Third Annual NAVSEA/NAVSUP International Logistics Symposium, "Logistics Teaming for International Defense," Hyatt Regency Hotel, Arlington, VA. For program information contact Sandra Kramer, NAVSEA, (703) 602-9000; contact Sally Cook, ASNE, (703) 836-6727, for registration information; and to reserve exhibit space, contact John Werbowski, (703) 329-4201.

-- 20-24 June, Annual Scientific Meeting, Undersea and Hyperbaric Medical Society, Breakers Hotel, Palm Beach, FL, (301) 942-2980.

-- 22-25 June, 15th Annual Health Reporting Conference, The Sutton Place Hotel, Newport Beach, CA. For more information, contact Jill Stewart, AMA, 515 N. State, Chicago, IL 60610; (312) 464-5843.

-- 18-23 July, 23rd Annual National Training Conference (Symposium), "Excellence Through Mentoring, Training and Professionalism," National Naval Officers Association (NNOA), Holiday Inn Executive Center, Virginia Beach. For registration application, call 1-800-772-6662. Navy POC is CDR Ruby Miller, DSN 227-1022 or (703) 697-1022.

-- 27-30 August, 11th Meeting of the International Society for STD Research, New Orleans Marriott, 1-800-642-2515.

-- 9-11 November, The Integrated Function of the Lumbar Spine and Sacroiliac Joints, San Diego. For information, contact European Conference Organizers, P.O. Box 4334, 3006 AH Rotterdam, The Netherlands; 31-10-4133287.

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5. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR E-MAIL TO BUMED, ATTN: EDITOR, NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 653-0793, DSN 294-0793. FAX (202) 653-0086, DSN 294-0086. E-MAIL NMC0ENL@BUMED10.MED.NAVY.MIL//

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